

OPINION

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'Optimising' breastfeeding: what can we learn from evolutionary, comparative and anthropological aspects of lactation?

Mary S. Fewtrell^{1*}, Nurul H. Mohd Shukri^{1,2} and Jonathan C. K. Wells¹

Abstract

Background: Promoting breastfeeding is an important public health intervention, with benefits for infants and mothers. Even modest increases in prevalence and duration may yield considerable economic savings. However, despite many initiatives, compliance with recommendations is poor in most settings – particularly for exclusive breastfeeding. Mothers commonly consult health professionals for infant feeding and behavioural problems.

Main body: We argue that broader consideration of lactation, incorporating evolutionary, comparative and anthropological aspects, could provide new insights into breastfeeding practices and problems, enhance research and ultimately help to develop novel approaches to improve initiation and maintenance. Our current focus on breastfeeding as a strategy to improve health outcomes must engage with the evolution of lactation as a flexible trait under selective pressure to maximise reproductive fitness. Poor understanding of the dynamic nature of breastfeeding may partly explain why some women are unwilling or unable to follow recommendations.

Conclusions: We identify three key implications for health professionals, researchers and policymakers. Firstly, breastfeeding is an adaptive process during which, as in other mammals, variability allows adaptation to ecological circumstances and reflects mothers' phenotypic variability. Since these factors vary within and between humans, the likelihood that a 'one size fits all' approach will be appropriate for all mother-infant dyads is counterintuitive: flexibility is expected. From an anthropological perspective, lactation is a period of tension between mother and offspring due to genetic 'conflicts of interest'. This may underlie common breastfeeding 'problems' including perceived milk insufficiency and problematic infant crying. Understanding this – and adopting a more flexible, individualised approach – may allow a more creative approach to solving these problems. Incorporating evolutionary concepts may enhance research investigating mother–infant signalling during breastfeeding; where possible, studies should be experimental to allow identification of causal effects and mechanisms. Finally, the importance of learned behaviour, social and cultural aspects of primate (especially human) lactation may partly explain why, in cultures where breastfeeding has lost cultural primacy, promotion starting in pregnancy may be ineffective. In such settings, educating children and young adults may be important to raise awareness and provide learning opportunities that may be essential in our species, as in other primates.

Keywords: Breastfeeding, Lactation, Primate, Human, Anthropology, Evolution, Mother–infant conflict, Learning, Signalling

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Comparative Aspects Of Lactation

Malcolm Peaker



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Comparative Aspects of Lactation Malcolm Peaker, 1977 **Fetal and Neonatal Physiology E-Book** Richard Polin, Steven H. Abman, David H. Rowitch, William Benitz, 2021-07-29 Offering the comprehensive authoritative information needed for effective diagnosis treatment and management of sick and premature infants *Fetal and Neonatal Physiology* 6th Edition is an invaluable resource for board review clinical rounds scientific research and day to day practice This trusted two volume text synthesizes recent advances in the field into definitive guidance for today s busy practitioner focusing on the basic science needed for exam preparation and key information required for full time practice It stands alone as the most complete text available in this complex and fast changing field yet is easy to use for everyday application Offers definitive guidance on how to effectively manage the many health problems seen in newborn and premature infants Contains new chapters on Pathophysiology of Genetic Neonatal Disease Genetic Variants and Neonatal Disease and Developmental Biology of Lung Stem Cells as well as significantly revised chapters on Cellular Mechanisms of Neonatal Brain Injury Neuroprotective Therapeutic Hypothermia Enteric Nervous System Development and Gastrointestinal Motility and Physiology of Twin Twin Transfusion Features 1 000 full color diagrams graphs and anatomic illustrations 170 chapters and more than 350 global contributors Includes chapters devoted to clinical correlation that help explain the implications of fetal and neonatal physiology as well as clinical applications boxes throughout Provides summary boxes at the end of each chapter and extensive cross referencing between chapters for quick reference and review Allows you to apply the latest insights on genetic therapy intrauterine infections brain protection and neuroimaging and much more *Handbook of Milk Composition* Bozzano G Luisa, 1995-10-23 This informative treatise offers a concise collection of existing expert data summarizing the composition of milk The *Handbook of Milk Composition* summarizes current information on all aspects of human and bovine milk including sampling storage composition as well as specific chapters on major and minor components such as protein carbohydrates lipids electrolytes minerals vitamins and hormones The book also features comprehensive coverage of compartmentation host defense components factors affecting composition composition of commercial formulas and contaminants Reliable data on the composition of human and bovine milks Discusses the many factors affecting composition Composition tables make up 25 30% of the total book Problems concerning sampling and analysis are described Should appeal equally to industry and academia Also of interest to developing countries in need of information on infant nutrition and agricultural development **Lactation in Farm Animals** ,2020-01-22 Greater knowledge of lactation allows us to alter environmental nutritional and milking procedures or general management to maximize production This book focusing on lactation in farm animals biology physiological basis nutritional requirements and modelization presents invited papers from internationally recognized scientists This volume contains seven chapters covering the key topics related to milk production and lactation biology and physiology The authors show that animals raised on a well controlled nutrition regimen

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Handbook of Milk of Non-Bovine Mammals Young W. Park,George F. W. Haenlein,William L. Wendorff,2017-05-08 THE ONLY SINGLE SOURCE GUIDE TO THE LATEST SCIENCE NUTRITION AND APPLICATIONS OF ALL THE NON BOVINE MILKS CONSUMED AROUND THE WORLD Featuring contributions by an international team of dairy and nutrition experts this second edition of the popular Handbook of Milk of Non Bovine Mammals provides comprehensive coverage of milk and dairy products derived from all non bovine dairy species Milks derived from domesticated dairy species other than the cow are an essential dietary component for many countries around the world Especially in developing and under developed countries milks from secondary dairy species are essential sources of nutrition for the humanity Due to the unavailability of cow milk and the low consumption of meat the milks of non bovine species such as goat buffalo sheep horse camel Zebu Yak mare and reindeer are critical daily food sources of protein

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Allison, 2014-05-12 Mammalian Protein Metabolism Volume II focuses on the processes methodologies and reactions involved in mammalian protein metabolism including toxicities amino acid imbalance and digestion and absorption The selection first offers information on the nutritive value of dietary proteins amino acid toxicities and imbalances and protein requirements Discussions focus on the protein requirements of adults infants and children amino acid requirements protein requirements in pregnancy amino acid imbalance mixed diets and nutritive value and maintenance The text then ponders on protein metabolism and requirements in pregnancy and lactation and protein metabolism and requirements in the newborn The publication examines protein metabolism and requirements in the elderly anomalies of amino acid metabolism and physical injury and its effects on protein metabolism Topics include general disturbance of protein metabolism following physical injury nature of inflammatory reaction acquired disturbances of amino acid metabolism plasma proteins nitrogen balance digestion and absorption and protein withdrawal The text then elaborates on protein metabolism and tumor growth experimental protein calorie deficiency and the clinical aspects of protein malnutrition The selection is a dependable source of data for researchers interested in mammalian protein metabolism 蛋白質代謝 (Japan), 1900

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